



60 WAYS
TO SERVE



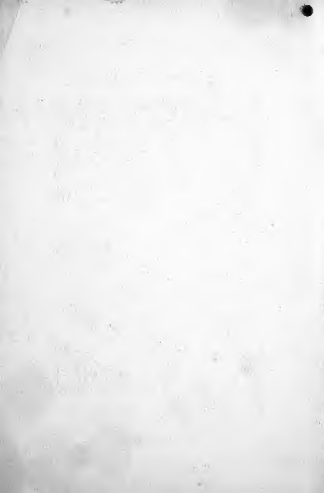
Burns'
Shamrock
REGISTERED

**HAM &
BACON**



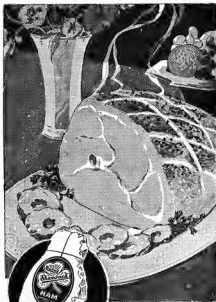
Compliments
BURNS & CO. LIMITED
CANADA





c. 1935

A Delicious Change



*Mild : : :
Sugar Cured*

Shamrock Ham

Delicious the Year 'Round

For any occasion . . . whether a festive family dinner or a simple home luncheon . . . there is no more appropriate food than a delicious sugar-cured "Shamrock" Ham. Then, too, because of the many tasty ways in which it may be prepared, ham offers a wide variety of dishes, each with its own fine flavor.

For the larger family, a whole ham is a decidedly economical purchase. The cost per pound is less than the cost of the center slices when they are sold separately. Many housewives who frequently serve ham prefer to bake the butt end, boil the shank, and cut a few slices from the center to fry or broil for breakfast.

The smaller family may prefer a half ham, using the center cuts as suggested above, and baking or boiling the remainder.

There are so many splendid ways of serving any portions of the ham which may be left over from the first meal, that the family will be sorry when the ham is gone. No dish can be more suitable for lunch or dinner on a warm summer day than sliced ham served cold with potato salad or other vegetables.

Creamed ham on toast, chopped ham with potatoes or macaroni, ham croquettes, and ham en casserole are other delightful possibilities.

Try a "Shamrock" Ham some day soon, perhaps for Sunday dinner. It will be a treat your family will enjoy.

Smoked Ham

Baked in Wrapper.

EXTRA SPECIAL!

Take a half or whole Burns' "Shamrock" Ham just as it comes from your dealer, still wrapped in heavy brown paper, also parchment paper and string. Place in oven on rack or grating, then put dripping pan one inch below to catch grease. Bake 80 minutes to each pound in moderate oven. When cooked, and still hot, remove paper and string, then insert prong of carving fork under rind at butt end and roll towards shank. Rind or skin will peel off in one piece. Ham may now be placed on platter and served, or, if you wish, score the fat with sharp knife and dot with whole cloves.

Boiled Ham

Serves eighteen to twenty.

Preparation, 3 to 4 hours.

Methods—Remove paper covering from a "Shamrock" Ham. Submerge ham in boiler of water. Let water boil and then simmer until ham is done. Skin. Serve with garnish of baked apples and parsley, or with potato salad.

Virginia Ham

Serves sixteen to eighteen.

Preparation, 4 hours.

Methods—Remove covering from a ten-pound "Shamrock" Ham. Cover with cold water, add 3 carrots, 2 onions, a stalk of celery, 3 cloves, 2 bay leaves, a pinch of mace, and one tablespoonful dark molasses. Bring to a boil, then simmer for 3 hours, cool in the liquid. When cold remove the rind, cut ham into thin slices and serve cold.

Baked Ham

Wash a "Shamrock" Ham and place, skin side up, in a roaster with two cups of water or cider. Bake in a slow oven allowing 30 minutes per pound. Remove from the oven and peel off the skin. Cut the fat in squares and place a whole clove in each square. Sprinkle with brown sugar seasoned with allspice and cinnamon and place in the oven for another 30 minutes. Or, after inserting cloves, rub the fat with 2 table-spoons of mustard and then cover with a half-inch layer of brown sugar and very fine bread crumbs combined in equal amounts and moistened with vinegar. Set the ham back in a moderate oven to brown the crumb mixture.

Pan Broiled "Shamrock" Ham

Serves four to five.

Preparation, 15 to 20 minutes.

1 thick slice "Shamrock" Ham.

Method:—Heat pan very hot and lay "Shamrock" Ham on to broil. Reduce heat; cook slowly. Cover pan to allow ham to steam the last few minutes of cooking. When done, delicately browned, remove to platter and serve.

Ham Loaf

Serves five to six.

Preparation, 1½ hours.

2 cups cooked "Shamrock" Ham
1 cup bread crumbs
½ cup evaporated milk
½ cup water

3 eggs
½ teaspoon dry mustard
¼ teaspoon black pepper
1 tablespoon fat

Method:—Put ham through food chopper with the bread crumbs. If it is very fat, no extra fat will be required. Add eggs well beaten. Scald liquid and add with seasonings. Grease small pan and shake in some sifted crumbs, then pack in the ham and bake in moderate, or 350 degrees F. oven for an hour or until top is well browned.

Ham Slice

Serves four to six.

Preparation, 15 to 20 minutes.

1½-lb. slice "Shamrock" Ham, ¾ to 1 inch thick.

Method:—Gash fat on edge of ham in several places; put in hot frying pan; sear quickly; turn and brown other side. Lower heat; cook slowly until done.

Hot Ham Sandwich

Method:—Cut bread as for sandwiches, using brown, gluten, whole wheat or graham bread. Spread one piece with butter, and the other with finely chopped "Shamrock" Ham. Press buttered place onto the ham, and dip in slightly beaten egg. Fry a golden brown in hot fat.

Ham Omelette

Serves three to four.
Preparation, 15 minutes.

Methods—Beat the whites and yolks of four eggs separately. To the yolks add two teaspoons butter, a pinch of salt, and one cup of halved "Shamrock" Ham finely chopped. Make smooth paste of one heaping teaspoon of flour and one-fourth cup of milk, and gradually add the remainder of three-fourths cup of milk and the well-beaten whites of the eggs. Combine the two mixtures, pour into a hot, well-greased skillet, and bake in a moderate 350 degrees F. oven for 15 minutes.

Ham Roast Stuffed

Serves twelve.
Preparation, 4 hours.

Methods—Remove a boiling "Shamrock" Ham from water just before it is done. Carefully take out bone, and fill space with meat stuffing. Bake in moderate oven for one hour.

Denver Sandwich

Serves one to two.
Preparation, 15 minutes.

- 1-2 cup cold boiled "Shamrock" Ham chopped very fine
- 1 small onion, chopped fine
- 1 dill pickle chopped fine
- 2 eggs beaten lightly

Methods—Beat all together and fry in "Shamrock" Fat Lard. Toast two slices of bread and butter them. Put mixture between slices and trim. Serve with sliced dill pickles for garnish.

Stuffed Eggs with Ham

Serves six.
Preparation, 15 to 45 minutes.

Methods—Hard cook eggs sufficient for the family, and cut in half. Remove the yolks carefully and grate, adding finely chopped "Shamrock" Ham in the proportion of one part of ham to two of yolk. Mix to a paste with a little French dressing, add a pinch of dry mustard and stuff the white halves. Serve on a bed of parsley with strips of pickled beet or red cabbage.

Braised Butt

Serves seven or eight.

Preparation, 2½ hours.

Method:—Cook "Shamrock" Ham butt in boiling water to cover, allow about 20 minutes for each pound. Take up ham, drain, remove skin and put butt into baking dish. Pour a pint bottle of tart grape or pineapple juice over the ham and bake in a moderate or 350 degrees F. oven until sauce is much reduced basting frequently. Add a little ham stock to the sauce, thicken with browned flour, season and strain sauce over ham. Serve immediately.

Ham Soup

Serves six.

Preparation, 2 hours.

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| 2 quarts water | 2 onions |
| 1 "Shamrock" Ham shank | 2 tablespoons flour |
| 1 pt. dried split peas | 2 strips of celery |

Method:—Wash and soak peas overnight. Put into sauce pan with the ham shank and water. Bring to a boil. Add the vegetables sliced, and simmer at least three hours. Rub through a wire sieve. Return to sauce pan. Add flour and waterpaste. Boil. Season to taste. Serve with butter croutons.

Ham Cutlets

Serves five.

Preparation, ½ hour.

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| 3 cups minced cold cooked "Shamrock" Ham |
| 1 cup thick white sauce |
| Few grains cayenne |
| 1 tablespoon minced green peppers |

Method:—Add sauce to ham, then add seasonings. Spread on a plate to cool. Shape in the form of cutlets, dip in crumbs, egg, then crumbs again, fry in deep fat at a temperature of 350 degrees F. for 1½ minutes. Drain. Garnish with green leaves.

Ham Butt Boiled in Ginger Ale

Put a "Shamrock" Ham Butt into a kettle with enough ginger ale to cover. Add a bay leaf, a small piece of garlic, 8 whole cloves, and salt and pepper to give the ham a spicy flavour. This ham should be tender if cooked slowly for about 2 hours. If served hot, spinach is a delicious vegetable to serve with it. If served cold, remove the skin from the ham and garnish with parsley.

Frizzled Boiled Ham

Serves six.

Preparation, 15 minutes.

4 or 5 thin slices of boiled "Shamrock" Ham
4 or 5 slices of buttered toast.

Method:—Slice ham about one-quarter inch thick, according to the number to be served, and trim off the rough edges. Have the broiler very hot, lay the slices of ham upon it, brown well. Serve with buttered toast.

Potato Surprise with Ham Stuffing

Serves six.

Preparation, 25 minutes.

1 cup mashed potatoes	$\frac{1}{2}$ cup crumbs
$1\frac{1}{2}$ cups minced left-over "Shamrock" Ham	1 egg slightly beaten
	2 tablespoons dripping
1 tablespoon water	

Method:—Shape potatoes into balls, hollow out center, fill with ham. Cover with potato, make round. Roll in crumbs; dip in egg diluted with water and roll in crumbs again. Fry in deep fat or sauté in frying pan.

Ham and Egg Salad

Serves six.

Preparation, 15 to 20 minutes.

$1\frac{1}{2}$ cups sliced cold boiled or baked "Shamrock" Ham
3 hard-cooked eggs, sliced
 $\frac{1}{2}$ cup mayonnaise

Method:—Mix together and serve on lettuce hearts. Garnish with stuffed olives and parsley. Serve very cold.

Boiled Ham with Spinach

Serves four to six.

Preparation, $1\frac{1}{2}$ to 2 hours.

Method:—Pare off the under part and saw off shank of "Shamrock" Ham. Tie the ham in clean cloth and cook in boiling water, allowing 20 minutes to the pound. When cooked, remove cloth and skin. Lay in a stew pan or deep baking dish, pour over it a cup of cider, and place in oven to brown. Baste frequently with cider. When the ham has absorbed the liquid, serve on hot platter with spinach.

Baked Butt

Serves seven to eight.

Preparation, 2½ hours.

Method:—Put "Shamrock" Ham butt into kettle of boiling water. Boil vigorously for 5 minutes. Reduce heat and simmer for two hours. Remove rind. Place ham in baking dish. Sprinkle with brown sugar, mixed with an equal quantity of bread crumbs. Dot with cloves. Bake, fat side up, in a moderate oven for 80 minutes. Serve either hot or cold.

Ham and Corn Fritters

Serves six.

Preparation, 15 minutes.

1 cup minced cooked "Shamrock" Ham
1 ear corn
1 cup flour
1 teaspoon baking powder
¼ teaspoon salt
¼ teaspoon paprika
2 eggs

Method:—Chop corn, drain and add dry ingredients mixed and sifted; then add ham and yolks of eggs, beaten until thick, and whites of eggs beaten stiff. Cook in a frying pan in hot "Shamrock" Lard. Drain on paper.

Minced Ham on Toast

Serves five.

Preparation, 15 minutes.

2 cups minced cooked "Shamrock" Ham
½ cup green peppers chopped
5 slices toast
1 cup thin onion slices
¼ teaspoon salt and pepper, mixed

Method:—Mix the ingredients, heat thoroughly and serve on half slices of toast.

Eggs with Ham and Tomatoes

Serves four to five.

Preparation, 30 minutes.

1½ cups tomatoes
1 slice onion
4 cloves
½ teaspoon salt
½ cup chopped cooked "Shamrock" Ham
5 beaten eggs
¼ teaspoon pepper

Method:—Cook the tomatoes, onion and cloves 15 minutes, and rub through a sieve; add ham, eggs and seasonings, and cook three or four minutes, stirring all the time. Serve on toast or crackers.

Ham and Bean Salad

Serves five to six.
Preparation, 20 minutes.

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| 1 can baked beans | 1/2 head of lettuce |
| 1 cup cold sliced or sliced "Shamrock"
beans cut in squares | 1/2 cup onion or
minced parsley |
| 3 cup chopped green peppers | 1/2 cup bottled dressing |

Method Arrange lettuce on a platter or on salad plates. Mix bean, salt, onion and peppers. Arrange in lettuce cups enough for one serving. hollow out a space in top of mold large enough to pour in one tablespoonful salad dressing. Sprinkle dressing with camp and parsley, etc. thoroughly and serve.

Curried Ham on Toast

Serves six.
Preparation, 15 minutes.

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| 1/2 cup minced, cooked "Shamrock"
Peas | 4 slices hot toast |
| 1/2 teaspoon curry powder | 1/4 cup white sauce |
| | 1 hard-cooked egg cut fine |

Method—Mix all ingredients and serve very hot on buttered toast. Garnish with minced parsley.

Ham Turnovers

Serves six to eight.
Preparation, 35 minutes.

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| 1/2 cup "Shamrock" Meat | 2 cups minced "Shamrock" Meat |
| 1/2 cup ham | 1 1/2 cup white sauce |
| 1/2 cup water | Salt |

Method Make pastry, roll, then and cut in rounds. Place 1 tablespoon finely chopped ham moistened with a thick white sauce on each round. Brush each piece with water half way around close to edge. Fold like a turnover and press edges together. Bake in hot oven for 15 minutes.

Ham Butt Boiled in Cider

Serves seven to eight.
Preparation, 2 hours.

Method—Put "Shamrock" Ham Butt into a kettle with enough cider to cover. Add six cloves, 8 whole peppers, 1 bay leaf and a small piece of garlic. Cook slowly for two hours, or until done. Serve hot or cold. Garnish with olives and parsley.

Tempt..then satisfy the morning appetite...
with



Obtainable in three forms:

1. By the side or portion of a side.
2. Sliced by your dealer from the side.
3. In $\frac{1}{2}$ -lb. cellophane wrapped packages.

Shamrock Bacon

To relish good bacon seems almost instinctive. It has a place at the breakfast table not shared by any other product. But it is more than a breakfast meat. It is equally good at all three meals, and its addition to any food not only adds flavor and palatability, but also provides a way for extending other food dishes.

Furthermore, bacon does more than delight appetites. It nourishes. It builds bodies. Next to butter, bacon is the most digestible form of fat food known. It may interest you to know that 97% of bacon fat is assimilated by the human body.

"BURNS' SHAMROCK" is Canada's finest bacon. The meat is selected from young, Government Inspected animals, chosen for fine tender grain and firm fat. Only those bacon sides meeting BURNS' exacting standards, bear the "SHAMROCK" Brand. Each piece of bacon, evenly streaked with fat and lean, is carefully trimmed, then dry sugar cured. It is the famous SHAMROCK cure that brings out and develops the rich subtle flavor and creates the sweet tasty goodness which has made SHAMROCK BACON one of the most popular brands in Western Canada.

SHAMROCK BACON may be obtained from your dealer in three forms. First, by the side, or portion of a side. Second, sliced by the dealer from the side. Third — and perhaps most convenient of all — in half pound, cellophane wrapped packages.

Order SHAMROCK BACON from your dealer today, and learn for yourself why so many people prefer this popular brand.

Suggestions for Preparing "Shamrock" Bacon

Bacon and Eggs—Broiled bacon with fried eggs.

Bacon Dressing—Bacon cut fine and added to the dressing (fowl, or other meats).

Bacon Omelet—Diced bacon in beaten eggs now cooked to plain omelet.

Bacon Muffins—Left-over, cold bacon finely chopped and mixed together with bacon drippings, to the muffin batter.

Potato and Lettuce Salad—Diced potato and dressing over lettuce.

Fried Bacon with Gravy

Serves three to four.

Preparation, 15 minutes.

*1 lb. "Shamrock" Bacon, thinly sliced
1 tablespoon flour
To serve with or vegetable stock*

Method.—Fry the bacon crisp and brown, remove the pieces to a hot plate, add flour to the drippings. Stir until smooth, add the cold stock, continue stirring, boil for five minutes. Add seasoning to taste. Pour over the bacon, and garnish with toast points.

Stuffed Bacon Slices

Serves four to five.

Preparation, 15 minutes.

1 slice "Shamrock" Bacon. 2½ cups bread crumbs.

Method.—Make a moist bread dressing. Place one heaping teaspoonful on one end of slice of "Shamrock" Bacon, roll the bacon slice around the dressing and fasten with a toothpick or small skewer. Broil, turning frequently to brown on all sides, or fry in pan, turning to cook even on all sides, basting with the drippings.

Fried Apples and "Shamrock" Bacon

Core and peel the apples and cut in ½-inch slices. Cut the bacon into very thin slices, fry in hot pan until crisp and put on hot dish. Fry apples in bacon fat until a light brown and arrange around the bacon. Serve very hot.

Baked "Shamrock" Back

Stick whole cloves into surface in a lattice pattern. Mix together 2 tablespoons brown sugar, 1 teaspoon dry mustard, 1 $\frac{1}{2}$ tea spoons vinegar, and 1 cup water. Pour half this mixture over the bacon and place in hot oven, 450 degrees F. Keep oven at this temperature for 15 minutes, gradually adding the balance of the mixture and basting freely every 5 minutes. When surface is nicely browned, reduce oven to moderate heat, 340 degrees F. and bake till tender, about an hour or longer, basting every ten or 15 minutes. Serve hot or cold.

Bacon and Eggs

Preparation, 15 minutes.

Place twenty sliced "Shamrock" Bacon on board and with a broad bladed knife spread strips as thin as possible. Put in cold frying pan, and cook until crisp and brown, turning frequently, and occasionally pouring off fat from pan. Remove bacon to platter and return fat to the pan. Slip eggs one at a time into the hot fat, and cook till the white is firm, basting frequently with the fat. Remove and serve on a platter with the bacon.

Bacon Omelette

Serves five.

Preparation, 15 minutes.

Dice four slices of "Shamrock" Bacon and fry slowly. Beat four eggs until light, add five tablespoons of milk, season with salt and a dash of paprika. Mix with bacon and cook until a light brown. Fold and serve on a hot platter.

Pan-Broiled Kidneys and Bacon

Preparation, 15 minutes.

Wash and split lamb or veal kidneys, remove skin and center core. Cook thirty sliced "Shamrock" Bacon in a frying pan. Remove to hot platter. Place kidneys in the hot frying pan, cover, reduce heat and cook for ten minutes. Remove kidneys, make gravy by adding two tablespoons flour and one cup boiling water or soup stock to fat in pan. Pour gravy over bacon and kidneys. Serve immediately.

Baked Bacon

Serves six to eight.
Preparation, 1½ hours.

1 lb. "Shamrock" Bacon	1 cup vinegar
Cold water	2 cups cold water
15 teaspoons dry mustard	Brown sugar

Method—Wash "Shamrock" Bacon, place in large kettle of cold water. Let come to boil. Boil ten minutes. Reduce flame, simmer 45 minutes. Pour off water, return meat to settle and cover with hot water. Cook slowly 1½ hours. Take "Shamrock" Bacon from water, remove rind, and place fat side up in baking pan. Bake slowly ½ hour, basting with mixture of 1½ teaspoons dry mustard, 1½ cups vinegar, 2½ cups boiling water. Remove from oven, sprinkle surface of bacon with brown sugar and continue baking ¼ hour, or until done. Serve with spinach, cabbage, sauer kraut or any winter vegetable.

Bacon Meat Loaf

Serves six.
Preparation, 1 hour.

½ lb. "Shamrock" Bacon	1 green pepper
½ lb. lean veal	2 eggs
1 lb. lean beef	1 cup milk
5 slices "Shamrock" Bacon	1 cup bread crumbs

Method—Grind the meat. Mix with chopped green pepper, eggs, milk and bread crumbs. Line a baking pan or casserole with strips of "Shamrock" Bacon. Fill with the meat mixture. Lay strips of bacon over the top. Bake in a hot oven for 45 minutes. Turn inside down on a large platter and garnish with vegetables or mashed potatoes.

Bacon and Liver Loaf

Serves four.
Preparation, 1 hour.

Remove the skin from one pound of beef liver, cut into six pieces and cook in boiling salted water for five minutes. Drain, put through the meat grinder and add:

1 cup bread crumbs	1 cup finely chopped onion
2 tbsp. tomato ketchup	Egg beaters
1/3 cup fresh pork chopped	Juice of lemon
Salt and pepper to taste	

Mix well together and turn into a baking pan lined with slices of "Shamrock" Bacon. Press the mixture firmly into the pan and lay strips of "Shamrock" Bacon on top. Bake in a moderate oven 1½ hours.

Bacon and Tomatoes

Serves four.

Preparation, 15 minutes.

Wipe three large, firm tomatoes and cut in half or cross-wise. Sprinkle with a little salt, pepper and sugar and place in a pan. Arrange two or three slices of "Shamrock" Bacon on each piece of tomato and place in a hot oven or under a broiler until bacon is crisp. Remove to a hot plate or dish and serve.

Liver and Bacon

Slice a lb. of liver and let it remain in cold, salt water one hour. Take out, dry, and roll in flour. Fry four thin slices of "Shamrock" Bacon crisp. Remove bacon to hot dish. Place liver in pan. Fry carefully about 10 minutes. Place on dish with bacon. Add 1 tablespoon flour to fat in pan, and mix smooth with very little water or milk. Add salt and pepper as it cooks to suit taste. Pour over the meat and serve.

Bacon and Macaroni

Serves three to four.

Preparation, 45 minutes.

1 cup macaroni
1 cup "Shamrock" Bacon
1 cup stock

1 cup "Shamrock" Bacon (roughly
chopped)
Salt and pepper to taste

Break the macaroni into small pieces, put into slightly salted water and rapidly for five minutes. Then drain well. Have some stock boiling in a sauce pan, put in the macaroni, and stew until tender, but not too soft. Cut "Shamrock" Bacon into small dice, fry slightly in pan. Then add the well drained macaroni, bacon drippings, a good pinch of nutmeg and salt and pepper to taste. Stir gently as over the fire until the macaroni acquires a nice brown color. Turn on a hot dish and serve. Serves four portions.

Shamrock Bacon and Weiners or Frankfurters

Preparation, 5 minutes.

Wrap a slice of "Shamrock" Bacon around each Shamrock Weiner or Frankfurter and fasten with a toothpick, place on the end of a pointed stick or long handled fork and cook over hot coals or under broiler until bacon is crisp.

Bacon, Sauted Corn and Potatoes

Serves five to six.

Preparation, 15 minutes.

1½ cup sliced "Shamrock" Bacon	or 2 cups cold cooked corn
2 cups diced potatoes	Salt and pepper

Cook the "Shamrock" Bacon in a frying pan. Then add the potatoes, seasonings, and sauté until golden brown. Stir in corn and continue stirring until thoroughly browned. Serve hot.

Scrambled Bacon and Canned Corn

Serves four.

Preparation, 15 minutes.

½ lb. "Shamrock" Bacon sliced	½ cup milk
1 can sweet corn	¼ teaspoon salt
4 eggs	½ teaspoon pepper

Cook sliced "Shamrock" Bacon in deep skillet until slightly brown. Then add the corn. Stir until hot. Beat the eggs and light. Add the ½ lb. and seasoning, and pour over bacon mixture. When eggs are set, serve on hot buttered toast. Garnish with cream or parsley.

Bacon and Cabbage

Serves four to five.

Preparation, 1½ hours.

Small head of white cabbage	½ cup water
½ lb. "Shamrock" Bacon (in 1 piece)	heaping tsp. flour
½ cup evaporated milk	1 tsp. butter

Pepper and salt

Cut cabbage in quarters. Soak in slightly salted, ice-cold water for half an hour. Then chop coarsely and cook 20 minutes in fresh boiling water. Make a cream sauce of milk, flour and butter. Seasoning to taste. Put a layer of cabbage in baking dish, cover with some of the sauce. Add the bacon previously parboiled for 20 minutes, the rind removed and top scored. Arrange remaining cabbage around bacon. Pour over the remainder of the cream sauce, and bake in medium or 350° F oven for half an hour, or until bacon and cream are well browned. Serve with little vinegar pickles and plum boiled potatoes.

Spinach with Shamrock Bacon

$\frac{1}{4}$ cup "Shamrock" Bacon
Few grains pepper

1 cup cooked spinach
1 teaspoon vinegar

Chop "Shamrock" Bacon fine. Saute until crisp. Add vinegar and seasoning. Add spinach and heat thoroughly. Garnish with hard cooked egg. Serve hot. Lettuce may be used in place of spinach.

Bacon and Baked Beans

Serve six to eight.

Preparation, 3 hours.

1 qt. beans
24 to 48 "Shamrock" Bacon (in 1
piece with rind)

1 tablespoon salt
1/2 teaspoon pepper
1 tablespoon mustard

1/2 cup brown sugar or molasses

Pick over the beans, cover with cold water, and soak over night. In the morning, drain, cover with fresh water, heat slowly keeping water below boiling point, and cook until skins just start to crack. Drain beans. Place in bean pot or casserole and bury bacon in the beans, leaving the rind exposed. Mix salt, pepper, mustard, molasses, add 1 cup boiling water and pour over beans. Then add enough boiling water to cover the beans. Cover the bean pot or casserole and bake slowly six or eight hours, uncovering the last hour of cooking that the rind may become brown and crisp. Add water as needed.

Leftover Shamrock Bacon

Portion of "Shamrock" Bacon left over from the meal should be saved. When cold the pieces may be crushed fine and added to the sauce for vegetables, or sprinkled over potatoes or salads.

Added to eggs, the left-over bacon may be made into tasty sandwiches or delicious murettes. Thereby increasing the food value as well as adding flavor.

Shamrock Bacon and Egg Club Sandwich

1 scrambled egg

1 tablespoon milk

$\frac{1}{4}$ teaspoon salt

Beat egg, add milk and seasoning. Beat. Put in upper part of double boiler and cook until egg is coagulated. Place scrambled egg on a slice of buttered toast. Cover with slice of buttered toast. Place slices of crisp & cooked bacon on this, add mayonnaise dressing, cover with slices of tomatoes. Garnish with parsley. If desired, the egg may be fried instead of scrambled.

Bacon and Cheese Omelette

Serves six.

Preparation, 20 minutes.

$\frac{1}{2}$ cup finely cut "Shamrock" Bacon	$\frac{1}{2}$ cup water
4 eggs	$\frac{1}{4}$ teaspoon paprika
$\frac{1}{4}$ teaspoon salt	Pepper to season
$\frac{1}{4}$ cup evaporated milk	1 cup grated cheese
6 slices broiled "Shamrock" Bacon	

Beat eggs slightly and mix with milk, salt, paprika and pepper. Cook the dried bacon in a hot frying pan until brown. Pour in the egg mixture and cook slowly until firm. Spread the cheese over the omelette, and place in a hot oven for two minutes, fold, turn out on a hot platter and garnish with broiled bacon. Serve at once garnished with crisp watercress or radishes.

Shamrock Bacon Rarebit

$\frac{1}{2}$ cup "Shamrock" Bacon	$\frac{1}{2}$ cup cheese
1 cup milk	$2\frac{1}{4}$ tablespoons flour
2 tablespoons "Shamrock" Bacon fat	1 egg
$\frac{1}{4}$ teaspoon salt	

Make a white sauce in a double boiler. Cook 5 minutes. Add beaten egg and grated cheese. Cook slowly over water until the cheese is melted. Add $\frac{1}{2}$ cup crisp bacon cut in small pieces. Serve on crackers or small pieces of toast.

Shamrock Bacon serves as an Attractive Garnish for:

Macaroni Dishes.	Meat Loaf.
Escalloped Potatoes.	Veal Cutlets.
Escalloped Corn.	Roasted Meats.
Escalloped Tomatoes.	Scrambled Eggs.
Baked Fillets of Fish.	Spinach, Beets, etc.

Shamrock Bacon Sandwiches

Combinations for sandwich fillings:

- Shamrock Bacon — Tomato, lettuce, salad dressing.
- Shamrock Bacon — Stuffed olives, boiled eggs, salad dressing.
- Shamrock Bacon — Cheese, salad dressing.
- Shamrock Bacon — Cold meat, salad dressing.
- Shamrock Bacon — Liver, salad dressing.



BURNS' SHAMROCK and HORMEL BRAND

Ready-to-Serve Canned Meats

EACH BURNS' SHAMROCK and HORMEL FLAVOR-SEALED food comes to you in the original package in which it was sealed before being cooked. It is cooked in its sealed container for exactly the number of minutes, and at exactly the temperature which makes for perfection — that correct combination of time and temperature so difficult to make sure of in home cooking.

This FLAVOR-SEALED process of cooking keeps in the package all the flavors and aromas which ordinary cooking wastes on the open air.

Scenes and scenes of interesting, delightful dishes can be prepared with BURNS' SHAMROCK and HORMEL FLAVOR-SEALED FOODS in but five minutes of actual labor, and because these foods may be served cold, instantly, or need but a few minutes heating and broiling, they are ideally suited for all occasions, but are especially adaptable for use during the Summer Season.

BURNS' SHAMROCK and HORMEL BRAND READY-TO-SERVE CANNED MEATS are on sale at all leading stores.

ENQUIRE ABOUT THEM.

"Ideal for Indoor or Outdoor Meals"



A Partial List of BURNS' SHAMROCK and OTHER BRANDED PRODUCTS

**BURNS'
SHAMROCK HAM**
(Mild Sugar Cured)



**BURNS'
SHAMROCK BACON**
(Mild Sugar Cured)

BURNS' SHAMROCK LARD
(All Standard Sizes)

BURNS' SHAMROCK BAKED SAUSAGE — No. 1 Tall Tins

BURNS' SHAMROCK BAKED WEINERS — No. 1 Tall Tins

BURNS' SHAMROCK PURE PORK SAUSAGE — 1-lb. Cans

BURNS' SHAMROCK BRANDED BEEF

BURNS' SHAMROCK COOKED MEATS

BURNS' SHAMROCK PICKLED PIG'S FEET
(Packed in glass jars)

BURNS' SHAMROCK FRESH WEINERS AND FRANKFURTERS

BURNS' DEVONSHIRE SAUSAGE — 1-lb. Packages

BURNS' SHAMROCK NUGGET BOLOGNA
(Also Sliced or by the Piece from Your Dealer)

BURNS' BAKEASY SHORTENING
(Cortana, Pails, Tubs)

BURNS' WHITE CARNATION MINCEMEAT

PALM CHEESE, PLAIN; PALM CHEESE, PIMENTO
PALM CREAMED ROQUEFORT

GOLDENLOAF CHEESE AND SPREDEASY CHEESE

BURNS' HANDYPATS AND GLENDALE BUTTER

Burns' Hormel Brand, Flavor-Sealed, Canned Whole or Half Chicken

Burns' Hormel Brand, Flavor-Sealed, Canned Whole or Half Ham

Burns' Hormel Brand, Flavor-Sealed Chicken a la King

Burns' Hormel Brand, Flavor-Sealed, Boneless Chicken

Burns' Hormel Brand, Flavor-Sealed, Luncheon Meat

Burns' Hormel Brand, Flavor-Sealed, Luncheon Tongue

Burns' Hormel Brand, Flavor-Sealed, Spiced Ham



WHY WE SHOULD EAT MEAT

IN THESE DAYS when the housewife selects the foods for her daily menu from the standpoint of the various food values which they contain, meat has come to take on a new importance in the diet.

It has been a revelation to many, who knew from long experience that meat was a highly satisfactory food, to find that it contained protein of the highest quality, excellent fats, and certain essential minerals and vitamins, in addition to such qualities as the thorough digestibility and delicious flavor which have made it one of our choicest foods.

Protein, one of the most important food substances, is present in abundance in all kinds of meat. It aids growth, repairs and builds the tissues of the body, and helps those who eat it to become strong and healthy.

As for fats, they are present in both lean and fat meat, but the latter kind, of course, contains the larger quantities. The fat is a source of energy which is measured by units called calories, and helps to keep the body warm and to give energy for daily work.

Of the minerals which are needed for good health, meat is especially rich in phosphorous and iron. The phosphorous is needed for the proper functioning of the body, and the iron helps to replenish the supply of good red blood.

Vitamins are important in the diet because they help to control the proper working of our bodies and organs. The vitamins which meat contains are found mostly in the fatter meats, although the leaner meats contain smaller quantities. Such parts as the liver, kidney, and the heart are relatively rich in vitamins. Many foods contain vitamins, and the person who eats a variety of foods need not worry about them.

The well-balanced diet which includes animal foods such as meat, milk, and eggs; green, leafy and other vegetables; fresh fruits, and cereals is essential to good health. Make sure that your daily menus contain these foods.



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